

# Simply Supplements™ MoodBoost St John's Wort

Tablets  
St John's Wort extract 250mg

**Please read this leaflet carefully before you start taking these tablets.**

It contains some important information about Simply Supplements™ MoodBoost St John's Wort tablets

**Keep this leaflet with the tablets.**

You may want to read it again or show it to your doctor, pharmacist or qualified healthcare practitioner.

## What is in this leaflet

- 1: What this product is and what it is used for .....page 1
- 2: Before you take this product..... page 2-4
- 3: How to take this product.....page 4
- 4: Possible side-effects .....page 5
- 5: How to store this product.....page 5
- 6: Further information .....page 6

### 1. What this product is and what it is used for

This product is a traditional herbal medicinal product containing St John's Wort. Each film-coated tablet of this product contains 250mg of extract (as dry extract) from St John's Wort aerial parts (*Hypericum perforatum* L.) (3.5-6:1) (equivalent to 875-1500mg of St John's Wort). Extraction solvent: Ethanol 60% v/v.

**Simply Supplements™ MoodBoost St John's Wort is a traditional herbal medicinal product used for the relief of slightly low mood and mild anxiety based on traditional use only.**

1

### 2: Before you take this product

**DO NOT TAKE this product if:**

- you are **under 18 years of age**
- you are **pregnant or breastfeeding**
- you are **allergic to any of the ingredients** (listed in section 6)
- you are **lactose intolerant** (react badly to lactose or milk)
- your skin is **exceptionally sensitive to sunlight** (photosensitive)
- you are having **light treatment** (phototherapy) for any condition
- you are suffering from **depression** (see below)

**Suffering from depression?**

Symptoms of depression include feelings of helplessness and hopelessness, loss of interest in daily activities, appetite or weight changes, sleep changes, loss of energy and difficulty concentrating. If your doctor has told you that you are suffering from depression do not use this product. **If you think that you may be suffering from depression you should tell your doctor.**

**Tell your doctor before using this product if you have an intolerance to some sugars** (see section 6).

**While you are taking this product:**

- avoid excessive **sunbathing** or the use of **sunbeds/solariums**
- stop using it at least 10 days prior to undergoing any **surgery**

**Driving and operating machinery**

In rare cases St John's Wort may make you feel dizzy or sleepy. If affected do not drive or use machines.

**Taking this product with other medicines**

St John's Wort can affect the way some medicines work and reduce their effectiveness. Medicines that can be affected by St John's Wort include prescription medicines, and those that you may have bought yourself without a prescription.

Therefore it is important that you do not take St John's Wort if you are using any of the medicines listed in the table opposite.

2

### DO NOT TAKE THIS PRODUCT IF YOU ARE TAKING ANY OF THE FOLLOWING MEDICINES

<b>All hormonal contraceptives</b>	The birth control 'Pill', emergency contraception (also known as 'the morning-after pill'), hormonal implants, creams, patches, intra-uterine devices with hormones.
<b>All medicines for depression/anxiety</b>	Amitriptyline, clomipramine, moclobemide, citalopram, escitalopram, fluoxetine, fluvoxamine, paroxetine, sertraline, duloxetine, venlafaxine.
<b>All hormonal replacement therapy (HRT) treatments</b>	HRT tablets, patches, gels, vaginal rings
<b>All medicines for thinning the blood (anticoagulants)</b>	Warfarin, acenocoumarol
<b>All medicines for epilepsy</b>	Carbamazepine, phenobarbitone, phenytoin, primidone, sodium valproate
<b>All immunosuppressant medicines</b>	Ciclosporin, tacrolimus
<b>All medicines for HIV infections</b>	Amprenavir, atazanavir, darunavir, fosamprenavir, indinavir, lopinavir, nelfinavir, ritonavir, saquinavir, tipranavir, efavirenz, nevirapine, delavirdine
<b>Some medicines for cholesterol</b>	Simvastatin, atorvastatin
<b>Some medicines for cancer</b>	Irinotecan, dasatinib, erlotinib, imatinib, sorafenib, sunitinib, etoposide, mitotane
<b>Some medicines for heart disease</b>	Digoxin, ivabradine, amiodarone
<b>Some medicines for migraines</b>	Almotriptan, eletriptan, frovatriptan, naratriptan, rizatriptan, sumatriptan, zolmitriptan
<b>Some medicines for high blood pressure</b>	Amlodipine, nifedipine, felodipine, verapamil
<b>A medicine for regulating mood</b>	Lithium
<b>A thyroid hormone</b>	Thyroxine

3

Filename: B944 St Johns Leaflet r20161020  
 Product Code: B944  
 Width: 315mm  
 Height: 145mm  
 Printing Colours: Black

St John's Wort may also affect the following medicines. Therefore do not take this product with these medicines unless a doctor has said it is safe to do so:

- fentanyl, propofol, sevoflurane, and midazolam (anaesthetics/pre-operative medicines)
- tramadol (an analgesic)
- erythromycin, clarithromycin and telithromycin (antibiotics)
- itraconazole and voriconazole (antifungals)
- artemether and lumefantrine (antimalarials)
- rasagiline (an anti-Parkinson's medicine)
- aripiprazole (an antipsychotic medicine)
- buspirone (an anxiolytic)
- aprepitant (used to treat post-operative vomiting)
- butobarbital and phenobarbital (barbiturates)
- methyl phenidate (a central nervous system or CNS stimulant)
- exemestane (a hormone antagonist)
- eplerenone (a diuretic)
- lansoprazole and omeprazole (proton pump inhibitors)
- theophylline (a bronchodilator).
- gliclazide (an antidiabetic medicine)

### 3: How to take this product

#### Adults and the elderly

**Take 1 tablet daily.** Swallow the tablets whole with some water or other liquid. Do not chew the tablets.

**Do not exceed the stated dose.**

#### If you take too much of this product (overdose)

If you take more than the recommended dose, speak to a doctor, pharmacist or qualified healthcare practitioner and take this leaflet with you.

#### If you forget to take this product

Continue to take your usual dose at the usual time, it does not matter if you have missed a dose.

**If you have any questions, or are unsure about anything, please ask your doctor, pharmacist or qualified healthcare practitioner.**

4

### 4: Possible side-effects

Like all medicines, this product can have side-effects. although the frequency is not known. These side-effects are listed below.

- **digestive upsets** such as indigestion, loss of appetite, nausea, diarrhoea, constipation
- **fatigue and restlessness**
- **allergic skin reactions** such as rash, hives or itching

Stop taking this product immediately if you experience any allergic reaction.

#### Other side-effects

These include headaches, nerve pain or tingling (neuropathy), anxiety, dizziness and mania. Also sunburn-like reactions in skin exposed to strong ultra-violet (UV) irradiation (e.g. sun, solarium) have been reported, particularly in fair-skinned individuals.

**If you notice any other side-effect not mentioned above or any side-effect becomes serious, tell your doctor or pharmacist.**

#### Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of this medicine.

#### After taking this product

You must speak to a qualified healthcare practitioner if your symptoms worsen, if they do not improve after six weeks, if any side-effect becomes serious or if side-effects not mentioned in this leaflet occur.

### 5. How to store this product

#### Do not use your tablets after the expiry date.

Return any out-of-date tablets to your pharmacist who will dispose of them for you. The expiry date is printed on the box and the blister pack.

**Store the tablets in a cool dry place.** Do not store the tablets in a place where the temperature goes above 25°C.

**Keep the tablets out of the reach and sight of children.**

**Keep your tablets in the blister pack until it is time to take them.**

5

### 6. Further information

Each film-coated tablet of this product contains 250mg of extract (as dry extract) from St John's Wort aerial parts (*Hypericum perforatum* L.) (3.5-6:1) (equivalent to 875-1500mg of St John's Wort). Extraction solvent: Ethanol 60% v/v.

**This product also contains the following ingredients:**

**Extract:** Lactose monohydrate, calcium hydrogen phosphate dihydrate, cellulose powdered, silica colloidal anhydrous.

**Tablet core:** Cellulose powdered, stearic acid, sodium starch glycolate (type A), silica colloidal anhydrous, magnesium stearate.

**Film-coating:** Eudragit E 100, hypromellose, Macrogol 6000, talc, titanium dioxide (E171), iron oxide hydrate (E172) (yellow iron oxide).

**If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this product.**

Each film-coated tablet contains 11mg of lactose monohydrate.

Each pack contains 90 film-coated tablets.

#### Registration holder for this product

Schwabe Pharma (UK) Ltd,  
Alexander House, Mere Park, Dedmere Road, Marlow, Bucks, SL7 1FX

#### Manufacturer for this product

Wiewelhove GmbH,  
Gildestrasse 39, 49477 Ibbenbüren, Germany  
Traditional herbal registration number: THR 23056/0011

**If you would like further information about this product, please contact:**

Simply Supplements,  
PO Box 1330, Peterborough, PE2 2PW.  
UK Customer Care Line: +44 (0)845 863 0622  
Email: [enquiries@simplysupplements.co.uk](mailto:enquiries@simplysupplements.co.uk)  
Leaflet last revised October 2016.

THR 23056/0011



Certification  
Mark

6